

'Men Make It Happen'

Issue 6 # 48

# Shedding Endeavour's

## 19<sup>th</sup> December 2022

The Shed is open Tuesday - Saturday 10.00am - 3.00pm

# MERRY CHRISTMAS





Sick List

**Members Birthdays December** 

10th December Joe Psaila 18th December Alan Spencer 21st December Pierre Monty 24th December Sam Noblet 28th December Louis Zaharaopoulis

Our best wishes are with: Reyes Franco home today Reese Ian (knee replacement)

Cleaning Roster			
<u>Today</u>	Doug Rowley	Paul Morris	Tony Rotunno
Next Week	Doug Rowley		

COVID – There are new strains of Covid about and at least three of our members have acquired it. Whilst not compulsory we ask that you stay away from the shed whilst you have Covid and wear a mask where necessary.

Paul Morris

**Doug Rowley** 



#### Last week's meeting

- \$5 entrance next week to cover food (supplemented by EHMS)
- Wednesday 7<sup>th</sup> BBQ City Centre
- 31<sup>st</sup> Dec BBQ Bunnings

### **CHRISTMAS BREAKUP – 20<sup>th</sup> December**

- The Shed is going to provide lunch for members.
- \$5 per head matched by the shed.

Commonwealth Bank Grant vote for our shed – www.commbank.com.au/communitydonations

If we are the favoured the grant of \$500 will come to the EHMS.

Pictures of the week.







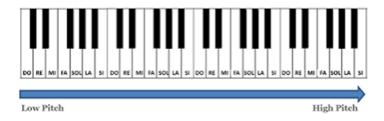




#### **Name that Christmas Carol**

- Eight pm to 6 pm without noise
- Ancient Benevolent Despot
- Trio of Monarchs
- A dozen 24 hour Yule periods

The music group needs a keyboard player – do you play see President Doug!



## What are the signs of depression in men?

The signs of depression in men involve changes in the way they think, feel or behave. There are also physical signs of depression.

For example, you may feel:

- irritable, angry or frustrated
- sad or empty
- disappointed
- indecisive or overwhelmed
- helpless or hopeless
- quilty

You may **think** negative thoughts, such as:

- you are not important or valuable (low <u>self-esteem</u>)
- people would be better off without you
- life is not worth living
- your life is not enjoyable

You may start behaving differently — for example, by not going out with friends or family

- not managing as well as you normally do at work or school
- escaping into work or sports activities
- · not doing activities you normally look forward to
- relying on drugs or alcohol to make it through the day

- not being able to concentrate
- behaving recklessly

You may also notice **physical signs**, such as:

- difficulty sleeping or feeling tired
- changed appetite with or without weight loss or gain
- feeling run down or unwell
- loss of sexual desire or performance
- headaches
- muscle pain
- churning stomach

Almost everyone experiences some of these signs occasionally. If your symptoms appear often or won't go away, you may be experiencing depression.

While anyone with depression can experience any of these symptoms, men and women tend to experience and report them differently. Men are more likely to talk about the physical symptoms of depression, such as feeling tired or losing weight, rather than saying they feel low.

Some people who experience depression think their life is not worth living or that other people would be better off without them. People experiencing depression are more likely to <u>take their own lives by suicide</u>, while sadly, 7 men end their own lives every day in Australia.

REMEMBER TO CALL A MATE. Call the EHMS Almoner

Beyond Blue 1300 224 636

Lifeline 131 114

Mens Line 1300 789 978

Suicide Call Back Service Veterans Line 1300 659 467

Veterans Line 1800 011 046

Black Dog Institute (02) 9382 4530

Head to Health https://www.headtohealth.gov.au

Grief Line 1300 845 745 8.00am - 8.00pm Monday - Friday

If you don't feel like you can call any of the above services, you can also:

- talk to someone you trust
- contact your GP, a counsellor, psychologist or psychiatrist
- visit a hospital emergency department



'Men Make It Happen'

President – Doug Rowley endeavourhills.menshed@gmail.com

Secretary - Paul Morris paul morris5@optusnet.com.au

**Treasurer – John Thornton** jthornto@bigpond.net.au

Vice President – Howard de Zylva hdezylva@hotmail.com

Almoner - Doug Rowley yelwor1946@gmail.com

**Endeavour Hills Men's Shed Committees** 

Program BBQ Management

Stan Ashley Doug Rowley Tony Brosinsky
Andras Jakab Neil Evans Howard de Zylva Hans van Dyk
Graeme Seymour Paul Morris Laurie Canfield

John Thornton Peter Wallace Bob Daly Lauren Gordyn

#### Working with Children Checks held by: First Aiders.

John Grennan Laurie Canfield Trevor Ratcliffe **Geoff Brown Neil Bennett Paul Morris Doug Rowley** Andras Jakab **Doug Rowley** Howard DeZylva Harry Hornstra John Thornton Stan Ashlev **Brian Ashworth** Brian Ashworth Paul Morris Hans van Dyk **Neil Bennett Gordon Harris Robert Kay Tony Cannata** Will Beattie Howard De Zylva Peter Wallace **Neil Evans** Len Follett **Garrick Williams David Robinson** John Thornton Stan Ashlev Tony Brosinsky **Garrick Williams Neil Evans** 

Laurens Gordyn Vin Wragg Laurie Canfield

Max Brockbank Graeme Seymour
Rodney James Peter Spry